

# Heart Wise:

## Managing Blood Pressure and Cholesterol

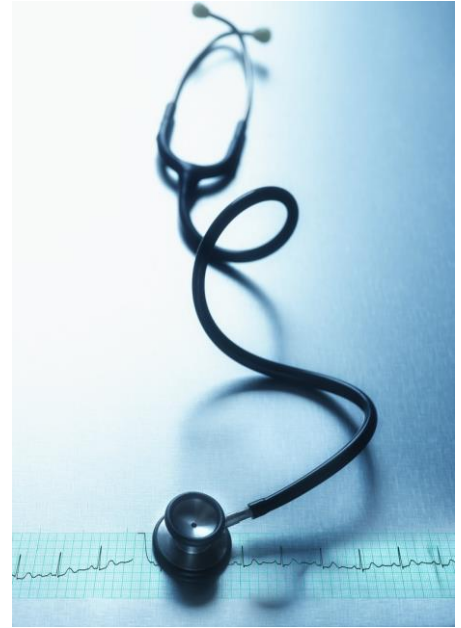
*Free educational workshop*

### Who is this workshop for?

- People at risk for heart disease
- People diagnosed with high blood pressure and/or high cholesterol

### In this workshop you will learn:

- What is blood pressure and cholesterol
- Lifestyle and nutrition choices that may affect your heart health
- Create an action plan to improve your heart health



Participants will receive a workbook for future reference

### Workshop Information:

**Location:** Vermilion Health Centre -5720 50 Ave - Telehealth Room (video conference session)

**Date:** March 7, 2017 (5:00 pm – 8:00 pm) **OR**  
May 2, 2017 (9:00 – 12:00 am)

**Registration is required as date and time are subject to change.**

**For more information and to register, please call the  
Alberta Healthy Living Program Central Zone at 1-877-314-6997**